



**California Department of Mental Health**  
**Adult Performance Outcome System**  
**California Quality of Life (CA-QOL) Survey Report**

**CMHDA Region:** Central

**Report period:** 20010101 to 20010630

**Purpose Of This Report**

*The purpose of this report is to provide regional and statewide data for the State of California's Adult Performance Outcome System.*

*Consumers and family members rated the measurement of quality of life as one of their highest priorities. In the selection of a survey to assess quality of life, counties were given the choice of using either the California Quality of Life (CA-QOL) Survey or the Lehman Quality of Life Short Form (QLSF). This report is designed to present all data in the form of CA-QOL equivalent scores. QLSF scores are transformed through the use of a regression equation developed during a pilot test of both the CA-QOL and QLSF. Such transformations are necessary to allow for statewide reporting and aggregate data analysis.*

*For informational purposes, the total number of CA-QOL and QLSF surveys that have been completed are reported below:*

**Total Number Of Survey Responses Included In Report**

**CA-QOL Surveys:**

13303

**QLSF Surveys:**

7052

**About the CA-QOL**

*The CA-QOL is a 40-item quality of life survey. It is designed to measure objective and subjective domains related to quality of life from a consumer's self-reported perspective. These domains include: a) general living situation, daily activities and functioning, family and social relationships, finances, work and school, legal and safety issues, and satisfaction with health.*

*As with several other Adult Performance Outcome Instruments, it is critical to remember that the ratings on the CA-QOL represent a consumer's perceptions. A variety of factors can affect a consumer's quality of life and many of these are out of the control of county mental health programs. However, in our efforts to continually improve our services, the CA-QOL provides an excellent source of information on issues that are important to consumers and which may have a direct impact of service outcomes.*

**What Is In This Report**

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**Demographic Information For Respondents**

Total Number of Respondents

CMHDA Region	Statewide
4984	13303

**NOTE:**

In some cases, the percentage of cases reported does not sum to 100%. In such cases, the remaining percentage is comprised of non-respondents or invalid responses.

<u>Gender</u>	CMHDA Region	Statewide
Male	2030	5543
Female	2820	7477

<u>Ethnicity</u>	CMHDA Region	Statewide
Amerasian	37	45
Nat. Amer.	50	151
Asian Indian	10	15
African Am.	539	1220
Cambodian	12	22
Chinese	26	46
Filipino	40	116
Guamanian	1	1
Hawaiian	6	14
Hispanic	538	1766
Japanese	10	27
Korean	16	31
Laotian	39	51
Other Asian	207	248
Samoan	2	5
Vietnamese	43	61
White	2978	8359
Other Eth.	301	203
Unknown	129	58

<u>Diagnosis</u>	CMHDA Region		Statewide	
Schizophrenia and other Psychotic Diagnoses	1801	36.14%	4560	34.28%
Mood Disorder Diagnoses	2559	51.34%	6741	50.67%
Anxiety Related Diagnoses	176	3.53%	738	5.55%
Other Diagnoses	298	5.98%	1030	7.74%
Substance Abuse Related Diagnoses	31	0.62%	141	1.06%

## **How To Interpret CA-QOL Scores**

*Always remember that CA-QOL scores are client self-reports. A variety of factors may influence a client's quality of life. Many of these factors are beyond the control of county mental health programs. Additionally, a client's symptoms, physical health, medication, or attitude could possibly affect ratings.*

*The CA-QOL is comprised of two kinds of scales: subjective scales and objective scales. The subjective scales ask the client report his or her satisfaction with a number of areas related to quality of life. The objective scales ask the client to report specific objective data (e.g., amount of spending money) that may directly affect his or her quality of life.*

*The CA-QOL subjective scales are reported using a seven point scale. Ratings are defined as follows:*

<b>Ratings</b>	<b>Scales</b>
1 = Terrible	<b>General Life Satisfaction</b>
2 = Unhappy	<b>Satisfaction with Living Situation</b>
3 = Mostly Dissatisfied	<b>Satisfaction with Leisure Activities</b>
4 = Mixed	<b>Satisfaction with Daily Activities</b>
5 = Mostly Satisfied	<b>Satisfaction with Family Relationships</b>
6 = Pleased	<b>Satisfaction with Social Relations</b>
7 = Delighted	<b>Satisfaction with Finances</b>
	<b>Satisfaction with Safety</b>
	<b>Satisfaction with Health</b>

*The CA-QOL objective scales are scored differently than the subjective scales. Therefore, each scale score should be considered in light of its specific rating scale. These are presented below:*

<b>Scales</b>
<b>Frequency of Family Contacts</b> Scale: 0 = no family, 1 = not at all, 2 = less than once a month, 3 = at least once a month, 4 = at least once a week, 5 = daily
<b>Frequency of Social Contacts</b> Scale: 1 = not at all, 2 = less than once a month, 3 = at least once a month, 4 = at least once a week, 5 = daily
<b>Amount of Spending Money</b> Scale: 1 = less than \$25, 2 = \$25 - \$50, 3 = \$51 - \$75, 4 = \$76 - \$100, 5 = More than \$100
<b>Adequacy of Finances</b> Scale: 0 = no, 1 = yes (Score is proportion of "yes" so the subscale score is the average percent who responded "yes")
<b>Victim of Crime</b> Scale: 0 = no, 1 = yes (Score is proportion of "yes" so the subscale score is the average percent who responded "yes")
<b>Arrested</b> Scale: 0 = no arrests, 1 = one arrest, 2 = two arrests, 3 = three arrests, 4 = four arrests, 5 = five arrests, 6 = six or more arrests
<b>General Health Status</b> Scale: 1 = excellent, 2 = very good, 3 = good, 4 = fair, 5 = poor

## How To Interpret CA-QOL Scores

The CA-QOL subscale scores below are the result of averaging the scores of the items associated with that subscale. Therefore, at a clinical level, it is important to note that although a subscale score may be toward the lower or higher end, the client may have actually reported very strong agreement or disagreement with a particular item but not others. It is frequently useful to also look at average scores by individual item to gain a fuller understanding of specific aspects of clients' quality of life.

When interpreting CA-QOL subscales, in general "Higher Scores Are Better" (1 = Terrible to 7 = Delighted) and represents the client's positive perspective of that aspect of the quality of their life.

### Subscale Averages and Standard Deviations

<b>CA-QOL Subjective Subscales</b>	<b>CMHDA Region</b>	<b>Statewide</b>
General Life Satisfaction	3.4179 ( 1.3822)	3.6116 ( 1.4892)
Satisfaction With:		
Living Situation	4.4090 ( 1.5200)	4.3447 ( 1.5380)
Leisure Activities	4.0422 ( 1.4576)	3.9945 ( 1.4738)
Daily Activities	4.0497 ( 1.5510)	4.0000 ( 1.5653)
Family Relationships	4.1887 ( 1.6178)	4.1592 ( 1.6272)
Social Relations	4.1467 ( 1.3853)	4.1295 ( 1.3705)
Finances	3.1614 ( 1.6437)	3.0847 ( 1.6348)
Safety	4.4523 ( 1.1493)	4.6667 ( 1.3141)
Health Status	3.7229 ( 1.4727)	3.6923 ( 1.4709)

<b>CA-QOL Objective Subscales</b>	<b>CMHDA Region</b>	<b>Statewide</b>
Frequency of Family Contacts	3.3281 ( 1.2323)	3.3302 ( 1.2041)
Scale: 0 = no family, 1 = not at all, 2 = less than once a month, 3 = at least once a month, 4 = at least once a week, 5 = daily		
Frequency of Social Contacts	2.8981 ( 1.0526)	2.9424 ( 1.0258)
Scale: 1 = not at all, 2 = less than once a month, 3 = at least once a month, 4 = at least once a week, 5 = daily		
Amount of Spending Money	1.4973 ( 1.0973)	2.0580 ( 1.4116)
Scale: 1 = less than \$25, 2 = \$25 - \$50, 3 = \$51 - \$75, 4 = \$76 - \$100, 5 = More than \$100		
Adequacy of Finances	0.6339 ( 0.3324)	0.6315 ( 0.3399)
Scale: 0 = no, 1 = yes (Score is proportion of "yes" so the subscale score is the average percent who responded "yes")		
Victim of Crime	0.0766 ( 0.2061)	0.0848 ( 0.2210)
Scale: 0 = no, 1 = yes (Score is proportion of "yes" so the subscale score is the average percent who responded "yes")		
Number of Arrest	2.6947 ( 2.3775)	1.1380 ( 2.0131)
Scale: 0 = no arrests, 1 = one arrest, 2 = two arrests, 3 = three arrests, 4 = four arrests, 5 = five arrests, 6 = six or more arrests		
Health Status	3.5869 ( 1.2327)	3.4947 ( 1.1696)
Scale: 1 = excellent, 2 = very good, 3 = good, 4 = fair, 5 = poor		

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Following are the average ratings given by clients to individual CA-QOL items. This information can be used to gain insight into client perceptions of quality of life as it relates to specific life domains.

*The scale for the following items is:*

*1 = Terrible, 2 = Unhappy, 3 = Mostly Dissatisfied, 4 = Mixed, 5 = Mostly Satisfied, 6 = Pleased, 7 = Delighted*

**Items Comprising Individual CA-QOL Subjective Subscales**

	<u><b>Average Scores</b></u>	
	<b>Region</b>	<b>State</b>
<i>General Life Satisfaction</i>		
1. How do you feel about your life in general (1-7)	3.8715	3.8058
17. How do you feel about your life in general (1-7)	2.6542	3.3816
<i>Satisfaction With Living Situation</i>		
2a. Living arrangements where you live (1-7)	4.4124	4.3410
2b. The privacy you have there (1-7)	4.4124	4.4856
2c. The prospect of staying on where you live for a long time (1-7)	4.2848	4.2115
<i>Satisfaction With Leisure Activities</i>		
3b. The chance you have to enjoy beautiful things (1-7)	4.2262	4.2372
3c. The amount of fun you have (1-7)	3.8741	3.7839
3d. The amount of relaxation in your life (1-7)	4.0275	3.9653
<i>Satisfaction With Daily Activities</i>		
3a. The chance you have to enjoy beautiful things (1-7)	4.0497	4.0000
<i>Satisfaction With Family Relationships</i>		
6a. The way you and your family act toward each other (1-7)	4.1701	4.1417
6b. The way things are in general between you and your family (1-7)	4.2098	4.1791
<i>Satisfaction With Social Relations</i>		
8a. The things you do with other people (1-7)	4.3060	4.3256
8b. The amount of time you spend with other people (1-7)	4.1164	4.0940
8c. The people you see socially (1-7)	4.2215	4.2280
8d. The amount of friendship in your life (1-7)	3.9389	3.8740

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**Items Comprising Individual CA-QOL Subjective Subscales**

	<b><u>Average Scores</u></b>	
	<b>Region</b>	<b>State</b>
<i>Satisfaction With Finances</i>		
11a. The amount of money you get (1-7)	3.2965	3.2848
11b. How comfortable and well off you are financially (1-7)	3.1275	3.0088
11c. The amount of money you have available to spend for fun (1-7)	2.5836	2.8337
<i>Satisfaction With Safety</i>		
14a. How safe are you on the streets of your neighborhood (1-7)	4.7676	4.7377
14b. How safe are you where you live (1-7)	4.7477	4.9115
14c. The protection you have against being robbed (1-7)	3.8616	4.3686
<i>Satisfaction With Health</i>		
16a. Your health in general (1-7)	3.8669	3.8884
16b. Your physical condition (1-7)	3.6501	3.6917
16c. Your emotional well-being (1-7)	3.6493	3.4969

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Many of the objective scales have their own unique scale properties, therefore, the scale used by the client is listed under each item.

**Items Comprising Individual CA-QOL Objective Subscales**

	<u>Average Scores</u>	
	Region	State
<i>Frequency of Family Contacts</i>		
4. In general, how often do you talk to a member of your family on the telephone? 0=No Family, 1=Not At All, 2=Less Than Once A Month, 3=At Least Once a Month, 4=At Least Once A Week, 5=Daily	3.4778	3.4839
5. In general, how often do you get together with your family? 0=No Family, 1=Not At All, 2=Less Than Once A Month, 3=At Least Once a Month, 4=At Least Once A Week, 5=Daily	3.1942	3.1886
<i>Frequency of Social Contacts</i>		
7a. Visit with someone who does not live with you? 1=Not At All, 2=Less Than Once A Month, 3=At Least Once a Month, 4=At Least Once A Week, 5=Daily	3.0738	3.1084
7b. Telephone someone who does not live with you? 1=Not At All, 2=Less Than Once A Month, 3=At Least Once a Month, 4=At Least Once A Week, 5=Daily	3.3105	3.3814
7c. Do something with another person that you planned ahead of time? 1=Not At All, 2=Less Than Once A Month, 3=At Least Once a Month, 4=At Least Once A Week, 5=Daily	2.5452	2.5867
7d. Spend time with someone you consider more than a friend, like a spouse, a boyfriend or a girlfriend? 1=Not At All, 2=Less Than Once A Month, 3=At Least Once a Month, 4=At Least Once A Week, 5=Daily	2.6536	2.6828
<i>Amount of Spending Money</i>		
9. On average, how much money did you have to spend on yourself in the PAST MONTH, not counting money for room and meals? 1=Less than \$25, 2=\$25 to \$50, 3=\$51 to \$75, 4=\$76 to \$100, 5=More Than \$100	1.4973	2.0580
<i>Victim of Crime (Part of the Legal and Safety Subscale)</i>		
In the PAST MONTH were you a victim of:		
12a. Any violent crimes such as assault, rape, mugging or robbery? 0 = No, 1 = Yes (Average represents the % who responded yes.)	0.0871	0.0699
12b. Any non-violent crimes such as burglary, theft of your property or money or being cheated? 0 = No, 1 = Yes (Average represents the % who responded yes.)	0.0720	0.1100

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**Items Comprising Individual CA-QOL Objective Subscales**

	<u>Average Scores</u>	
	Region	State
<b>Adequacy of Finances</b>		
During the PAST MONTH did you:		
10a. Generally have enough money for Food? 0 = No, 1 = Yes (Average represents the % who responded yes.)	0.6989	0.7545
10b. Generally have enough money for Clothing? 0 = No, 1 = Yes (Average represents the % who responded yes.)	0.7370	0.6384
10c. Generally have enough money for Housing? 0 = No, 1 = Yes (Average represents the % who responded yes.)	0.6782	0.7396
10d. Generally have enough money for traveling around for things like shopping, medical appointments, or visiting friends and relatives? 0 = No, 1 = Yes (Average represents the % who responded yes.)	0.4612	0.5371
10d. Social activities like movies or eating at restaurants? 0 = No, 1 = Yes (Average represents the % who responded yes.)	0.4600	0.4055
<b>Arrested (Part of Legal and Safety Scale)</b>		
13. In the PAST MONTH, have you been arrested or picked up for any crimes? 0=No arrests, 1=One arrest, 2=Two arrests, 3=Three arrests, 4=Four arrests, 5=Five arrests, 6=Six or more arrests	2.6947	1.1380
<b>General Health Status</b>		
15. In general, how would you rate your health? 1=Excellent, 2=Very good, 3=Good, 4=Fair, 5=Poor	3.5869	3.4947

*The information in this report was not intended to take the place of a thorough and analytical evaluation of the data resulting from the CA-QOL as well as the other Adult Performance Outcome instruments. The goal of this report was to provide timely and informative feedback that can be used in conjunction with other system and client-level data to evaluate and improve public mental health services.*

*If you have recommendations on how this report can be improved or for report topics that will provide more meaningful assistance with program improvement, please email Karen Purvis, Lead Staffperson for Adult and Older Adult Performance Outcomes at:*

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